



EGD Frequently Asked Questions and Pre- Procedure Reminders

PLEASE READ ONE WEEK PRIOR TO YOUR PROCEDURE

*****PLEASE CALL 864-232-7338 TO CANCEL OR RESCHEDULE 5 BUSINESS DAYS PRIOR TO YOUR PROCEDURE TO AVOID A \$250 LATE CANCELLATION OR MISSED PROCEDURE CHARGE*****

AN ADULT DRIVER (AGE 18 OR OLDER) MUST ACCOMPANY YOU. YOUR DRIVER MUST REMAIN IN THE FACILITY OR YOUR PROCEDURE MAY BE RESCHEDULED.

Prep Instructions:

NO SOLID FOOD AFTER MIDNIGHT PRIOR TO YOUR PROCEDURE. YOU MAY HAVE A CLEAR LIQUID DIET UNTIL 4 HOURS PRIOR TO YOUR PROCEDURE TIME. NOTHING AFTER THIS TIME, INCLUDING CHEWING GUM AND HARD CANDY.

CLEAR LIQUID DIET CHOICES

Soups: Bouillon

Desserts: Jell-O, Popsicles (**no red or blue**)

Beverages: Coffee (black, or with sugar only-no dairy or artificial creamers), tea, apple juice, white grape juice.

Carbonated beverages: Coke, Pepsi, 7-Up, Sprite, Ginger Ale, Gatorade

NO RED OR BLUE LIQUIDS, AND NO DAIRY PRODUCTS

Food and drink taken before anesthesia can cause problems such as choking or vomiting. When sedated your body's normal protective airway reflexes are impaired. Having food or liquids in your stomach of any amount greatly increases the chance of serious consequences.

MEDICATION INSTRUCTIONS

Day before your procedure: You may continue all daily medications including aspirin. **DO NOT STOP ASPIRIN.**

Day of your procedure: Take your aspirin, blood pressure, heart (except blood thinners), thyroid, or seizure medications with a small amount of water. Hold all other medications until after your procedure. **Also, on the morning of your procedure, do not take your diabetic medication (pill or insulin).**

If you have asthma or other lung conditions, please bring your **inhalers** with you to your procedure. If you are **insulin dependent**, please bring it with you.

Diet medications (Adipex, Lomaira, Qsymia, phentermine, etc.) **must be stopped one week before your procedure.**

FREQUENTLY ASKED QUESTIONS

- 1. Can I take my medication the morning of my procedure?** Medication for blood pressure, thyroid, heart conditions, and seizures should be taken the morning of your procedure with a small amount of water.
- 2. Can I chew gum or suck candy?** Yes, but nothing with soft centers or of red color. No gum or candy 4 hours prior to procedure.
- 3. Can I brush my teeth?** Yes.
- 4. Can I wear my dentures?** Yes, you may wear your dentures to the Endoscopy suite; however, you may be asked to remove them prior to the procedure.
- 5. Remove all jewelry prior to coming to your procedure.**
- 6. Will I experience pain after my procedure?** Because air is introduced through the endoscope, you may feel some bloating during and after the procedure. You may resume your usual diet unless instructed otherwise by your physician. Your throat may also feel scratchy or sore after the procedure, but this feeling subsides quickly.
- 7. What can I expect post procedure?** There is minimal recover involved with the upper endoscopy procedure, and little discomfort. Post-procedure symptoms may include grogginess from the sedation, a feeling of bloating, sore throat, nausea, difficulty swallowing, and mild pain where the IV was inserted. These symptoms usually resolve within 48 hours.